WORK SMARTER, NOT HARDER

Think Ergonomics - fitting the task to the person For very small businesses - landscaping



Don't bend at your waist

LIFT
SMARTER



Bend your knees and keep your waist straight



Ask a co-worker to help



Avoid over reaching

STAY
CLOSE
TO YOUR
WORK



Move closer



When possible, avoid squatting

USE A
BETTER
TOOL





Consider using a long handle tool



Sharpen your tools

MAINTAIN TOOLS





It will reduce the force and make it easier



